



Momma  
Drama &  
Trauma

# HEALING THROUGH SELF-WORTH

Strategies and Tools for Women

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The process of healing often brings you face to face with the ways your worth may have been shaped by past relationships, experiences and seasons of survival. Healing through self-worth is about reconnecting with your inherent value, not because of what you do for others but because of who you are.

This guide offers gentle practices to help you rebuild your sense of self, soften harsh inner narratives and begin treating yourself with more care and compassion. Self-worth is not built through perfection. It is built through small, consistent moments of honoring your needs.

Use these tools as small anchors on days when self-doubt feels louder than your inner voice.

## SELF-CARE & EMOTIONAL REGULATION

Self-worth begins with how you treat yourself when you feel tired, overwhelmed or discouraged. When your nervous system feels supported, it becomes easier to challenge self-critical thoughts.

### Ideas to try:

- Create small pockets of rest throughout your day without needing to earn them
- Speak to yourself with the same gentleness you would offer a friend
- Limit time around people or content that increases self-doubt
- Practice checking in with your needs before saying yes to others

## DAILY JOURNALING

Journaling can help you slow down and reconnect with your inner voice.

### Prompt ideas:

- What parts of me feel unseen or unappreciated right now
- When do I feel most like myself
- What does self-respect look like in my daily life
- What old beliefs about myself am I ready to release
- What would it feel like to believe I am enough today
- What small act of self-kindness can I offer myself

## MOVEMENT AS MEDICINE

Gentle movement can help release tension and reconnect you with your body in supportive ways.

### **Suggestions:**

- Slow walks while noticing your breath and surroundings
- Gentle stretching to release tension in your shoulders or jaw
- Rolling your shoulders or shaking out your arms to release stress
- Any slow, supportive movement that helps you feel more present in your body

## GUIDED GROUNDING PRACTICE

When self-doubt feels heavy, grounding can bring you back into the present moment.

### **Try this simple grounding practice:**

- Place both feet on the floor
- Take slow, steady breaths
- Notice three things you can see around you
- Gently remind yourself that you are allowed to take up space

You are allowed to move slowly. You are allowed to take up space in your own life.

## REBUILDING A SENSE OF SAFETY

When your self-worth has been impacted by emotional strain, your body may stay on high alert. Healing through self-worth includes rebuilding a sense of internal safety.

### **Ways to support your sense of safety:**

- Create spaces in your home that feel calm and comforting
- Give yourself permission to step away from emotionally heavy situations
- Allow yourself to pause when your body feels overwhelmed
- Practice listening to what your body is asking for

Safety is something you can gently create for yourself over time.

## BOUNDARIES THAT SUPPORT STABILITY

Boundaries help protect your emotional energy and support a healthier relationship with yourself.

### **Examples of self-worth boundaries:**

- Limiting interactions that leave you feeling emotionally drained
- Creating quiet time for yourself without explanation
- Saying no when your body feels overloaded
- Choosing rest over obligation when you need it

Boundaries support your body's need for steadiness.

## RECONNECTING WITH YOUR BODY

When self-worth feels low, it is easy to disconnect from your body and live mostly in your thoughts. Reconnecting with your body helps remind you that you are here, you are safe and you are allowed to take up space in this moment.

### Ways to gently reconnect with your body:

- Notice where your body feels tense and soften your muscles when you can
- Place your feet flat on the floor and feel the support beneath you
- Take slow, steady breaths and notice the rise and fall of your chest
- Gently move or stretch in ways that feel supportive
- Pay attention to physical cues like hunger, fatigue or the need for rest

Your body holds wisdom. Learning to listen to it is part of rebuilding self-trust and stability.

## FIND YOUR PEOPLE

Self-worth grows when you are around people who reflect care and respect back to you.

### Seek out people who:

- Offer calm, supportive presence
- Respect your need for rest and space
- Allow you to show up as you are
- Support your boundaries without pressure

Connection can be grounding when it feels safe and supportive.

## SUMMARY

Healing through self-worth is about learning to see yourself with kinder eyes. You do not need to fix yourself to be worthy of care. Small, intentional moments of honoring your needs are enough to begin creating change.

Let this season be about choosing yourself with gentleness. You are allowed to move forward at your own pace. — Jenny ❤️